

# California State University East Bay

## Executive Summary

printing

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Afternoon College, The Association  
Non-College, The Assessment

AC, AN, A

The AC, AN, A supports the health of the campus  
community by offering the decision support showing  
and ongoing the health and ongoing current profile of  
the trends in the campus community



# Table of Contents

I. Introduction	2
II. Findings	
A. General Health of College Students	3
B. Disease and Injury Prevention	4
C. Academic Impacts	5
D. Violence, Abusive Relationships and Personal Safety	5
E. Alcohol, Tobacco, and Other Drug Use	6

## Introduction

The ACHA-National College Health Assessment II (ACHA-NCHA II) is a national research survey organized by the American College Health Association (ACHA) to assist college health service providers, health educators, counselors, and administrators in collecting data about their students' habits, behaviors, and perceptions on the most prevalent health topics.

ACHA initiated the original ACHA-NCHA in 2000 and the instrument was used

Note on use of dat

The overall response proportion was 19.0%.

# Findings

## A. General Health of College Students

48.7 % of college students surveyed ( 51.8 % male and 47.4% female) described their health as very good or excellent.

87.4 % of college students surveyed ( 90.2 % male and 86.0 % female) described their health as good, very good or excellent.

Proportion of college students who reported being diagnosed or treated by a professional for any of the following health problems within the last 12 months:

Allergies:	20.4 %	Hepatitis B or C:	1.7 %
Asthma:	10.4 %	High blood pressure:	5.7 %
Back pain:	15.4 %	High cholesterol:	4.9 %

## B. Disease and Injury Prevention

College students reported receiving the following vaccinations (shots):

- 67.3 % reported receiving vaccination against hepatitis B.
- 38.5 % reported receiving vaccination against Human Papilloma virus/HPV (cervical cancer vaccine).
- 40.1 % reported receiving vaccination against influenza in the last 12 months (shot or nasal mist).
- 62.7 % reported receiving vaccination against measles, mumps, rubella.
- 42.8 % reported receiving vaccination against meningococcal meningitis.
- 53.6 % reported receiving vaccination against varicella (chicken pox).

Other disease prevention practices reported by college students:

- 61.2 % reported having a dental exam and cleaning in the last 12 months.
- 24.1 % of males reported performing a testicular self exam in the last 30 days.
- 32.6 % of females reported performing a breast self exam in the last 30 days.
- 41.5 % of females reported having a routine gynecological exam in the last 12 months.
- 40.3 % reported using sunscreen regularly with sun exposure.
- 37.7 % reported ever being tested for Human Immunodeficiency Virus (HIV) infection.

College students reported the following behaviors within the last 12 months:

Percent (%)	N/A, did not do this activity within the last 12 months	Never*	Rarely or sometimes*	Mostly or always*
Wear a seatbelt when you rode in a car	0.9	0.9	1.7	97.4
Wear a helmet when you rode a bicycle	57.2	30.6	22.1	47.3
Wear a helmet when you rode a motorcycle	81.0	9.3	7.0	83.7
Wear a helmet when you were inline skating	81.2	32.5	21.7	45.8

\* Students responding "N/A, did not do this activity within the last 12 months" were excluded.



## Findings continued

College students reported feeling very safe:

	Percent (%)	Male	Female	Total
On their campus (daytime)		73.3	70.7	71.3
On their campus (nighttime)		34.4	11.8	18.5
In the community surrounding their school (daytime)		38.0	36.7	37.0
In the community surrounding their school (nighttime)		18.7	8.1	11.2

## E. Alcohol, Tobacco, and Other Drug Use

Reported use versus perceived use - reported use for alcohol within the past 30 days compared with how often students perceived the typical student on campus used

Findings continued

Tobacco from a water pipe (hookah)	Percent (%)	Actual Use			Perceived Use		
		Male	Female	Total	Male	Female	Total
Never used		72.2	77.5	76.1	25.4	19.9	21.6
Used, but not in the last 30 days		19.6	16.8	17.5	14.4	13.8	13.8
Used 1-9 days		6.4	4.3	4.8	45.0	47.6	46.9
Used 10-29 days		1.5	1.4	1.4	10.4	13.0	12.0
Used all 30 days		0.3	0.0	0.2	4.9	5.8	5.8
Any use within the last 30 days		8.3	5.7	6.4	60.2	66.4	64.7

All other drugs combined*	Percent (%)	Actual Use			Perceived Use		
		Male	Female	Total	Male	Female	Total
Never used		71.8	78.7	76.1	19.7	16.6	17.6
Used, but not in the last 30 days		18.8	13.9	15.6	13.0	10.1	11.4
Used 1-9 days		7.9	5.3	6.1	38.2	38.5	38.5
Used 10-29 days		1.2	1.2	1.1	18.2	22.6	21.0
Used all 30 days		0.3	1.0	1.1	10.9	11.5	11.5
Any use within the last 30 days		9.4	7.4	8.3	67.3	72.6	71.0

\* Includes cigars, smokeless tobacco, cocaine, methamphetamine, other amphetamines, sedatives, hallucinogens, anabolic steroids, opiates, inhalants, MDMA, other club drugs, other illegal drugs. (Excludes alcohol, cigarettes, tobacco from a water pipe, marijuana).

- 3.5% of college students reported driving after having 5 or more drinks in the last 30 days.\*
  - 25.2% of college students reported driving after having any alcohol in the last 30 days.\*
- \*Students responding "N/A, don't drive" and "N/A, do not drink" were excluded from this analysis.

Estimated Blood Alcohol Concentration (or eBAC) of college students reporting 1 or more drinks the last time they "partied" or socialized. Students reporting 0 drinks were excluded from the analysis. Due to the improbability of a student surviving a drinking episode resulting in an extremely high eBAC, all students with an eBAC of 0.50 or higher are also excluded from these eBAC figures. eBAC is an estimated figure based on the reported number of drinks consumed during the last time they "partied" or socialized, their approximate time of consumption, sex, weight, and the average rate of ethanol metabolism.

Estimated BAC	Percent (%)	Male	Female	Total
< .08		82.2	82.7	82.5
< .10		86.6	88.2	87.7
Mean		0.05	0.04	0.04
Median		0.01	0.02	0.02
Std Dev		0.07	0.05	0.06



Findings continued

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Reported number of drinks consumed the last time students "partied" or socialized. Only students reporting one or more drinks were included.

Number of drinks*	Percent (%)	Male	Female	Total
4 or fewer		40.8	48.1	45.6
5		6.3	4.6	5.2
6		3.6	2.8	3.0
7 or more		10.9	3.3	5.8
Mean		4.28	3.02	3.43
Median		3.00	2.00	3.00
Std Dev		3.39	2.23	2.70

\* Students reporting 0 drinks were excluded.

Reported number of times college students consumed five or more drinks in a sitting within the last two weeks:

	Percent (%)	Male	Female	Total
N/A don't drink		33.0	34.0	33.5
None		42.2	51.2	48.5
1-2 times		18.7	12.6	14.5
3-5 times		5.5	1.8	2.9
6 or more times		0.6	0.4	0.6

Percent of college students who reported using prescription drugs that were not prescribed to them within the last 12 months:

	Percent (%)	Male	Female	Total
Antidepressants		2.7	3.2	3.2
Erectile dysfunction drugs		0.3	0.8	0.9
Pain killers		9.1	9.0	9.0
Sedatives		2.4	2.6	2.6
Stimulants		4.3	1.9	2.8
Used 1 or more of the above		12.4	12.2	12.4

Findings continued

College students reported doing the following most of the time or always when they "partied" or socialized during the last 12 months:\*

	Percent (%)	Male	Female	Total
Alternate non-alcoholic with alcoholic beverages		29.5	44.4	39.8
Avoid drinking games		40.2	53.7	49.7
Choose not to drink alcohol		26.1	39.7	35.6
Determine in advance not to exceed a set number of drinks		42.1	51.7	48.5
Eat before and/or during drinking		72.9	79.9	77.9
Have a friend let you know when you have had enough		54.1	45.7	44.9
Keep track of how many drinks being consumed		61.2	72.8	68.6
Pace drinks to one or fewer an hour		32.4	47.1	42.7
Stay with the same group of friends the entire time drunk		71.8	90.0	84.6
Stick with only one kind of alcohol when drinking		52.9	64.0	61.0
Use a designated driver		70.4	86.7	81.6
Reported one or more of the above		90.5	96.5	94.7

\*Students responding "N/A, don't drink" were excluded from this analysis.

College students who drank alcohol reported experiencing the following in the last 12 months when drinking alcohol:\*

	Percent (%)	Male	Female	Total
Did something you later regretted		19.3	18.4	18.4
Forgot where you were or what you did		19.8	15.4	16.8
Got in trouble with the police		5.3	0.4	1.9
Someone had sex with me without my consent		0.5	1.2	1.1
Had sex with someone without their consent		1.0	0.2	0.4
Had unprotected sex		14.4	12.0	12.7
Physically injured yourself		8.7	7.2	7.6
Physically injured another person		2.9	1.6	1.9
Seriously considered suicide		1.4	1.2	1.4
Reported one or more of the above		39.8	31.0	33.6

\*Students responding "N/A, don't drink" were excluded from this analysis.

Findings continued

## F. Sexual Behavior

College students reported having the following number of sexual partners (oral sex, vaginal or anal intercourse) within the last 12 months:

	Percent (%)	Male	Female	Total
None				



Findings continued

G. Nutrition and Exercise

College students reported usually eating the following number of servings of fruits and vegetables per day:

	Percent (%)	Male	Female	Total
0 servings per day		9.7	6.3	7.5
1-2 per day		66.0	61.9	62.8
3-4 per day		19.1	26.4	24.4
5 or more per day		5.2	5.4	5.3

College students reported the following behaviors within the past 7 days:

Do moderate-intensity cardio or aerobic exercise for at least 30 minutes:

	Percent (%)	Male	Female	Total
0 days		19.4	22.2	21.5
1-4 days		65.2	63.1	63.5
5-7 days		15.4	14.7	14.9

Do vigorous-intensity cardio or aerobic exercise for at least 20 minutes:

	Percent (%)	Male	Female	Total
0 days		30.3	41.3	37.8
1-2 days		37.6	33.5	34.8
3-7 days		32.1	25.2	27.4

Physical Activity and Public Health: Updated Recommendations for Adults. From the American College of Sports Medicine and the American Heart Association (2007): Moderate-intensity cardio or aerobic exercise for at least 30 minutes on five days per week, or vigorous-intensity cardio or aerobic exercise for at least 20 minutes on three days per week.

Students meeting the Recommendations for moderate-intensity exercise, vigorous-intensity exercise, or a combination of the two (2 moderate-intensity exercise periods = 1 vigorous-intensity exercise period).

	Percent (%)	Male	Female	Total
Guidelines met		53.2	44.7	47.3



Findings continued

Felt very sad

Male    Female    Total

Felt so depressed that it was difficult to  
function

Male    Female    Total

Findings continued

Within the last 12 months, diagnosed or treated by a professional for the following:

	Male	Female	Total
Anorexia	2.1	1.6	1.8
Anxiety	6.7	10.4	9.4
Attention Deficit and Hyperactivity Disorder	5.2	2.6	3.5
Bipolar Disorder	2.5	3.2	3.2
Bulimia	2.1	1.2	1.6
Depression	8.9	11.0	10.5
Insomnia	5.8	6.1	6.1
Other sleep disorder	3.7	3.1	3.6
Obsessive Compulsive Disorder	2.4	2.5	2.5
Panic attacks	3.6	5.9	5.3
Phobia	2.4	1.5	2.0
Schizophrenia	1.8	0.4	0.9
Substance abuse or addiction	1.8	1.3	1.6
Other addiction	2.1	0.8	1.3
Other mental health condition	3.4	2.9	3.3
Students reporting none of the above	86.4	79.8	81.7
Students reporting only one of the above	3.3	8.1	6.6
Students reporting both Depression and Anxiety	6.1	6.7	6.7
Students reporting any two or more of the above excluding the combination of Depression and Anxiety	6.3	7.8	7.6

Within the last 12 months, any of the following been traumatic or very difficult to handle:

Male Female Total



Findings continued

Within the last 12 months, how would you rate the overall level of stress experienced:

	Percentage	Male	Female	Total
No stress	8.2	7.9	2.4	4.2
Less than average stress	8.617807461780746	16.3	9.3	11.5
Average stress		41.4	38.3	39.2
More than average stress		26.3	38.7	34.7
Tremendous stress		8.2	11.3	10.4

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## Demographics and Student Characteristics

Age:  
Average age: 24.48 years  
Median: 22.00 years  
Std Dev: 7.47 years

18 - 20 years: 30.8 %  
21 - 24 years: 39.3 %  
25 - 29 years: 15.0 %

Students describe themselves as:  
White: 26.5 %  
Black or African American: 16.5 %  
Hispanic or Latino/a: 22.2 %  
Asian or Pacific Islander: 34.1 %  
American Indian, Alaskan  
Native or Native Hawaiian: 2.6 %  
Biracial or Multiracial: 2.6 %